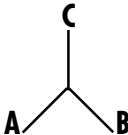






Assembly Manual Cross-Trainer CE

Item # 07859-999

	<u>A</u> 145	<u>B</u> 61 cm	<u>C</u> 155	 74 kg	 150 kg max.
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Adult Assembly Required.



picture similar

Assembly Instructions

Please, thoroughly read these instructions prior to assembly and first use. You will get important information about your safety as well as the use and maintenance of your Cross-Trainer. Keep these instructions for reference and/or for maintenance work or spare parts orders.

For Your Safety

- Only use the Cross-Trainer for its intended purpose, i.e. for the physical training of adult persons.
- Any other use is inadmissible and may be dangerous. The manufacturer cannot be made liable for damage caused by a use that does not correspond with the intended purpose.
- You train with an equipment that has been designed in accordance with the latest state of the art regarding safety. Possible danger spots that may cause injuries have been avoided and safeguarded as well as possible.
- The unit requires a power supply of 110 V/60 Hz. It should be connected only to a safety socket with a single 10-A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly. Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Important: disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.
- The equipment must be set up on firm even ground. Ensure that the power cable is not pinched and that no-one can trip over it.
- **Improper repairs and design changes (disassembly of original parts, installation of inadmissible parts, etc.) may cause hazards for the user. Do not under any circumstances carry out electrical repairs or alterations yourself.** Always ensure that such work is done by a properly qualified electrician.
- When the unit is not in use, unplug it from the power supply.
- **Never allow liquid of any kind to enter the interior of the unit.**
- Defective parts may impair your safety and the service life of your equipment. Therefore, please exchange defective or worn parts immediately.
- Always observe the general safety rules and precautions for working with electrical equipment.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- If you have any doubt or any queries, please contact your specialised dealer.
- **If the equipment is in regular use, check all its components thoroughly every 1 -2 months. Pay particular attention to the tightness of bolts and nuts. This is particularly true for the attachment of grip strap, running plate and fastening of the handlebar and front tube.**
- Inform present persons (especially children) about possible hazards during your exercises.
- Prior to taking up training, have your family doctor check whether your state of health is sufficient to train with this equipment. The medical findings should be the basis for the build-up or your training program. Wrong or excessive training may lead to damage to your health.
- By all means observe the information about the organization of training in the training instructions.
- **Any interference with parts of the product that are not described within the manual may cause damage, or endanger the person using this machine. Extensive repairs must only be carried out by special service staff or qualified personnel.**
- Our products are subject to a constant innovative quality assurance. We reserve the right to perform technical changes resulting therefrom.
- In choosing the location of the apparatus, ensure a sufficient safety distance from any obstacles. The apparatus must not be mounted in the immediate vicinity of main passageways (paths, doorways, corridors).

Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- Before beginning your first training session, familiarize yourself thoroughly with all the functions and settings of the unit.
- It is not recommended to use or store the apparatus in a damp room as this may cause it to rust. **Please ensure that no part of the machine comes in contact with liquids (drinks, perspiration etc.). This may cause corrosion.**
- The machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed in its proper use and supervised accordingly.
- The unit complies with class SA of the standard DIN EN 957-1/-9.
- The appliance has undergone Class SA testing. If the appliance is not intended for domestic use, please note that the onus is on the owner to ensure that the appropriate measures are put in place with respect to accessibility and supervision. The appliance may only be operated in public places under qualified supervision. The scope of such supervision shall depend on who the users are: their degree of reliability, age, experience, etc.
- A slight production of noise at the bearing of the centrifugal mass is due to the construction and has no negative effect upon operation. Possibly occurring noise during reverse pedalling result from engineering and are absolutely safe.
- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.
- The crosstrainer has a magnetic brake system.
- The equipment is independent of revolutions per minute.
- Please ensure that liquids or perspiration never enter the machine or the electronics.
- Before use, always check all screws and plug-in connections as

well as respective safety devices fit correctly.

- Always wear suitable shoes when using.
- **All** electric appliances emit electromagnetic radiation when in

Instructions for Assembly

- Ensure that you have received all the parts required (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your dealer.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible technically talented.
- Please note that there is **always** a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not

operation. Please do not leave especially radiation-intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic controlsystem as otherwise values displayed might be distorted (e.g. pulse measurement

cause any danger. There is always a **risk of suffocation** if children play with plastic bags!

- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device)**. Then check that all screw connections have been tightened firmly. **Attention:** once locknuts have been unscrewed they no longer function correctly (the locking device is destroyed), and must be replaced.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs).

List of spare parts page 11-12

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product (see handling).

Example order: Art. no. 07859-999 / spare-part no. 70128679 / 2 pieces / S/N

Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary.

Goods may **only** be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible.

It is important to provide a detailed defect description / damage report!

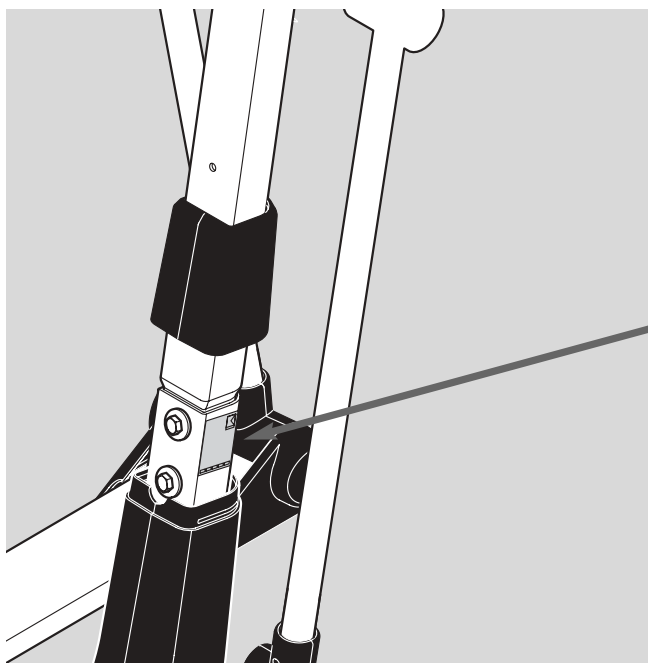
Important: spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words **„with fastening material“**.

Waste Disposal



SMOOTH products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

- (D) Typenschild - Seriennummer
- (GB) Type label - Serial number
- (F) Plaque signalétique - Numéro de serie
- (NL) Typeplaatje - Seriennummer
- (E) Placa identificativa - Número de serie
- (I) Targhetta tecnica - Numero di serie
- (PL) Tabliczka identyfikacyjna - Numer serii



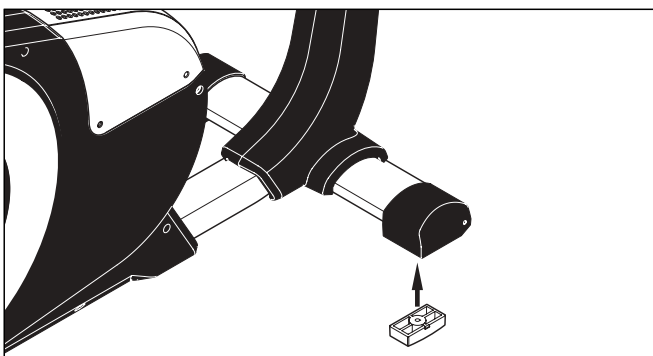
HEINZ KETTLER GmbH & Co. KG D-59463 Ense-Parsitt		
FREIZEIT MARKE KETTLER		
Trainingsgerät nach DIN EN 957-1, - 5 Klasse HB		
Nicht für therapeutische Zwecke geeignet		
Art.-Nr.: 07961-800		
Serien-Nr.: 1-334 O - 1801 00001		
max. Belastung: 130 kg		
Made in Germany		
1	2	3 4 5

When ordering spare parts, always state the full article number, spare-partnumber, the quantity required and the S/N of the product.

Checklist

	1	✓			2	
	1			ø42	2	
	1/1				2/2	
	2				1/1	
	1/1				1	
	2/2			M5	4	
	1/2			ø25x8,4x3	2	
	1/1			ø25x8,4x1	2	
				ø20x10,5	4	
				ø18x11,3	4	
				ø10x5,4	4	
				ø22,2x27,5	2	
				M10	2	
				M10x105	2	
				M5x45	4	
				M10x20	4	
				M8x20	2	
				M5x20	2	
				M8x16	2	
				3,9x9,5	8	
				ø6x9,5	8	
					2	

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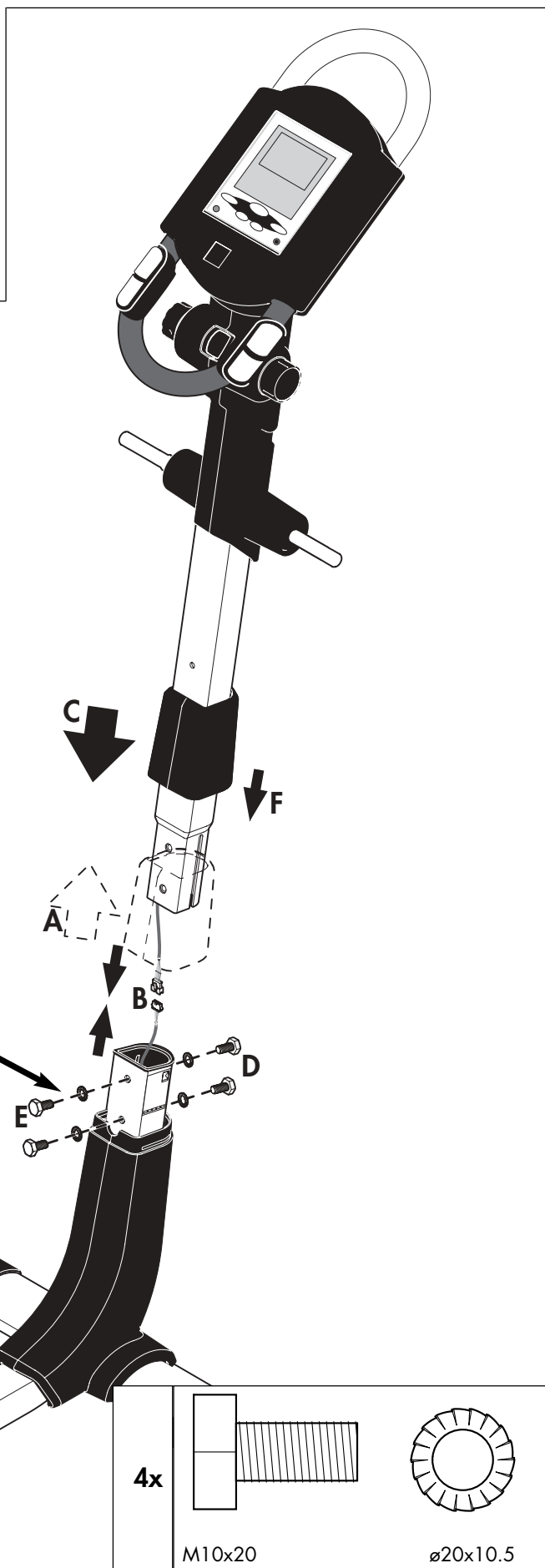
**IMPORTANT!**

Due to technical reasons the screws D have to be tightened first. Tighten the screws E last.

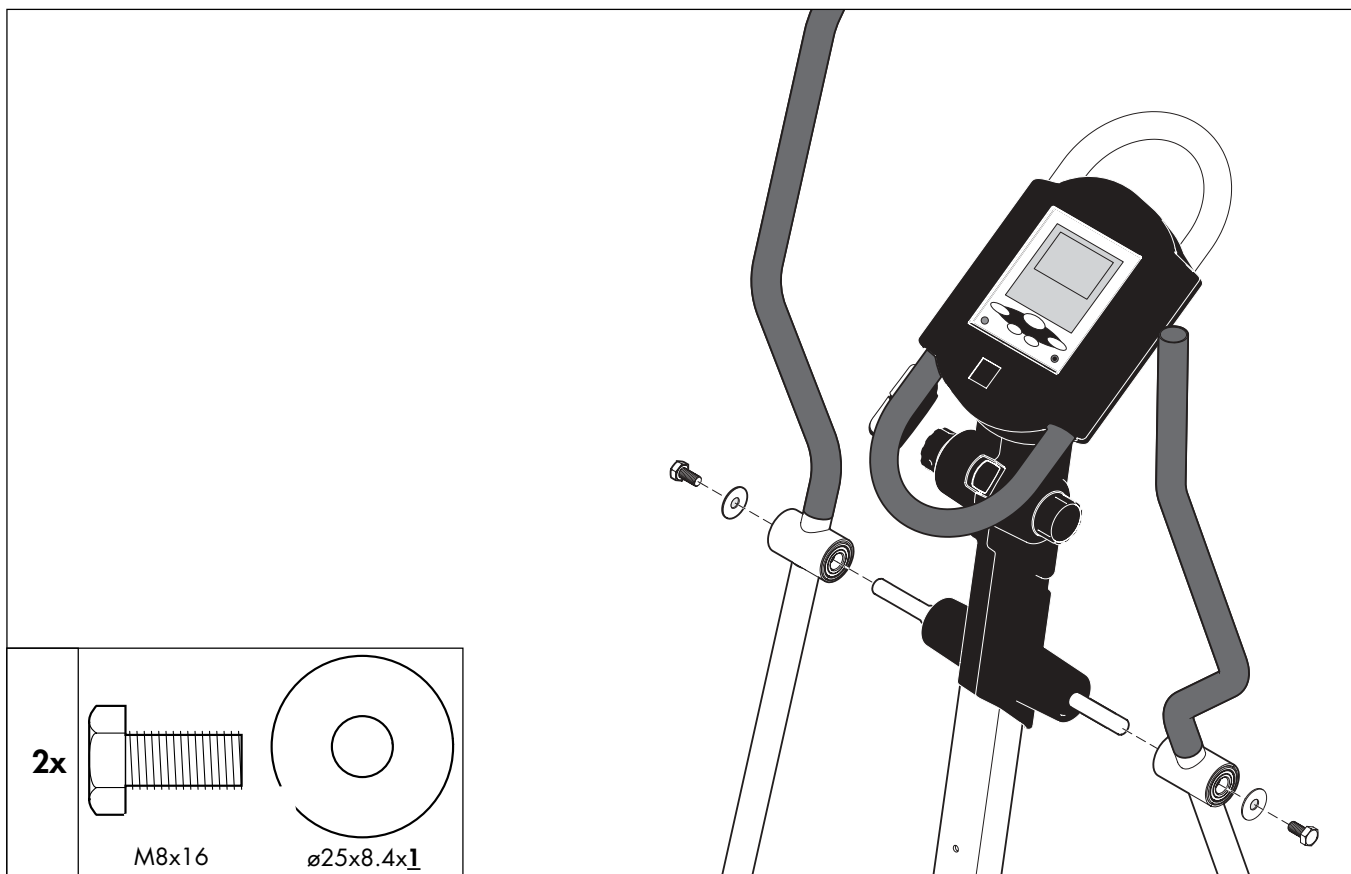


The screwed connections must be controlled at regular intervals.

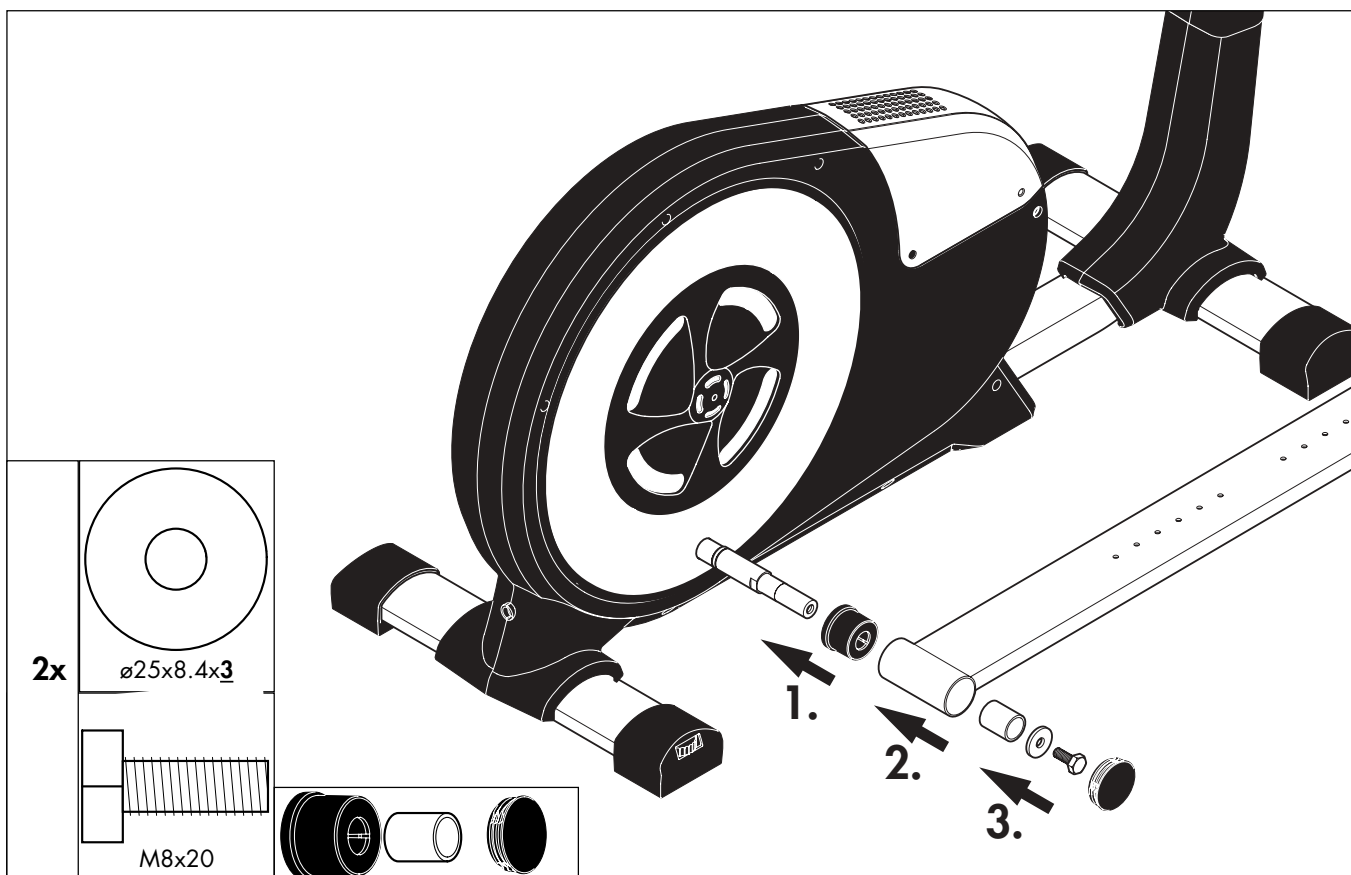
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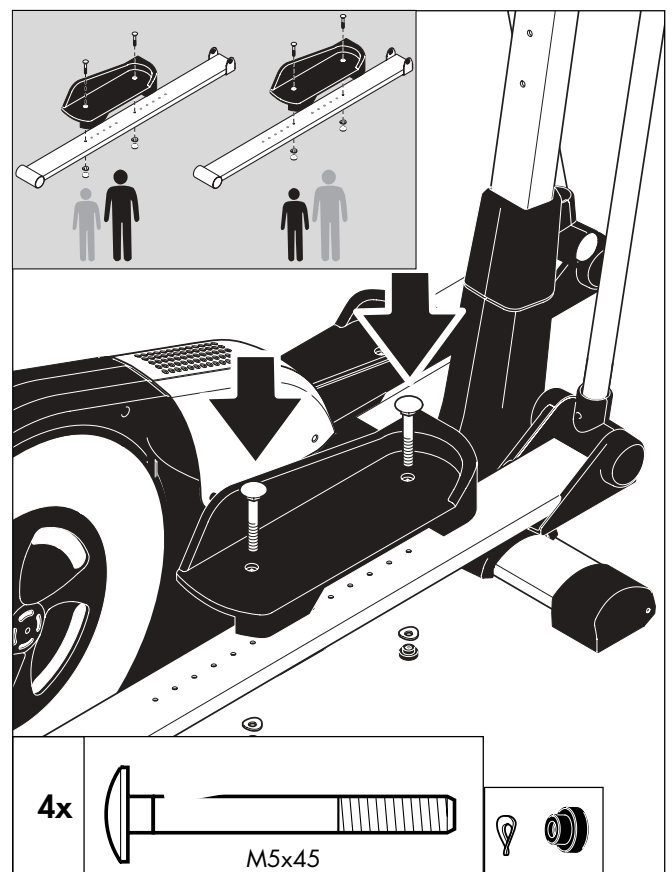
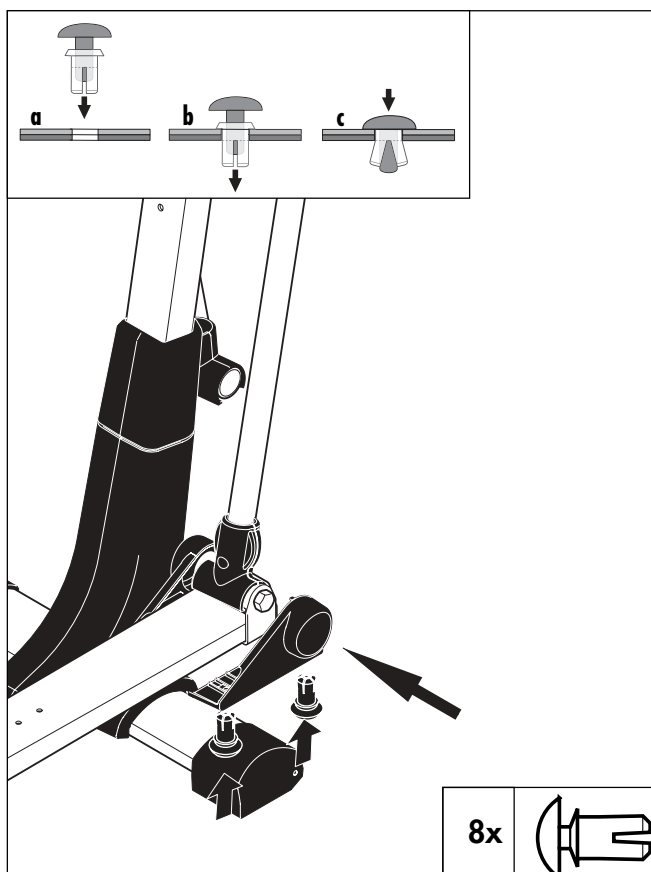
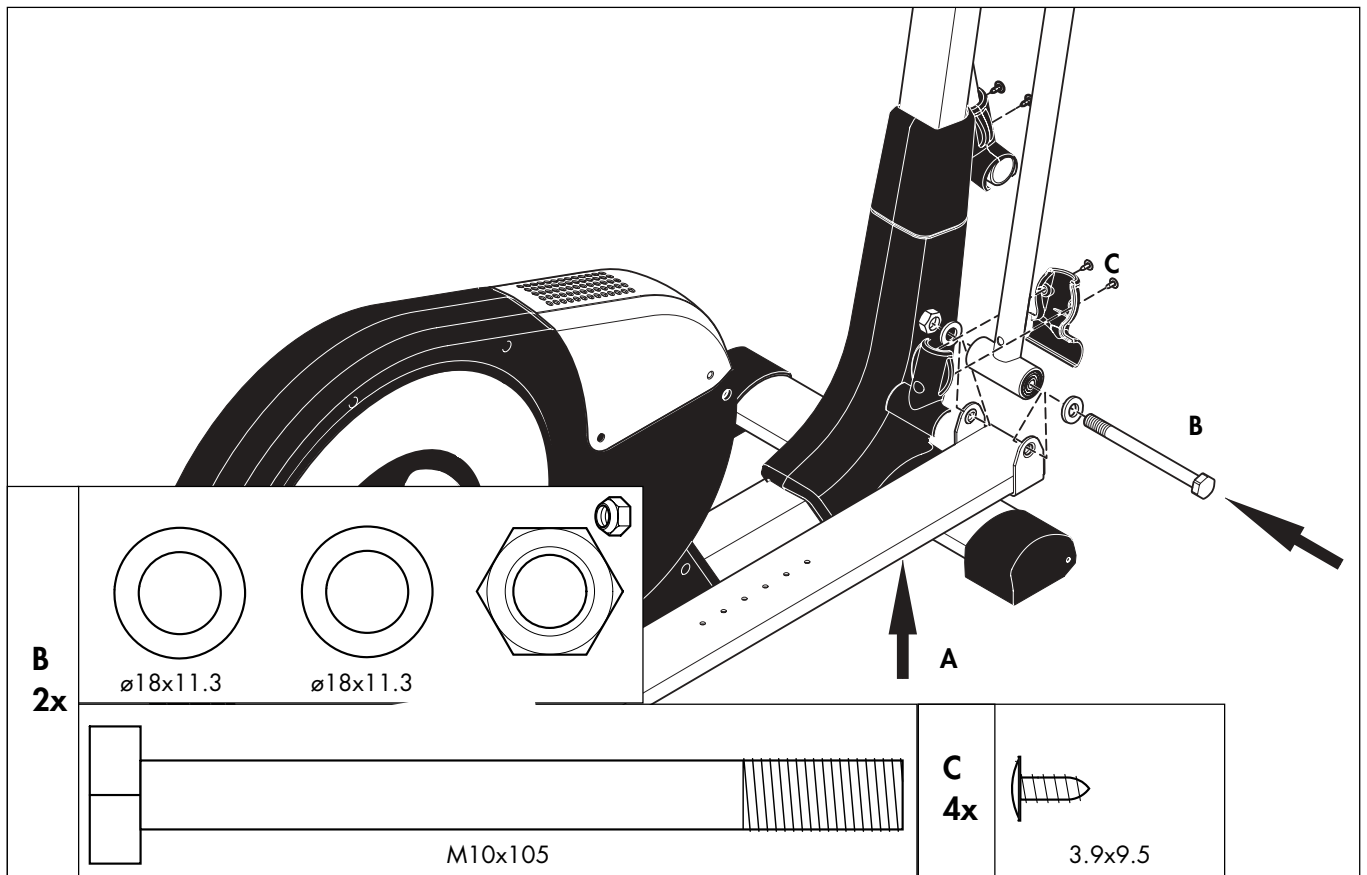


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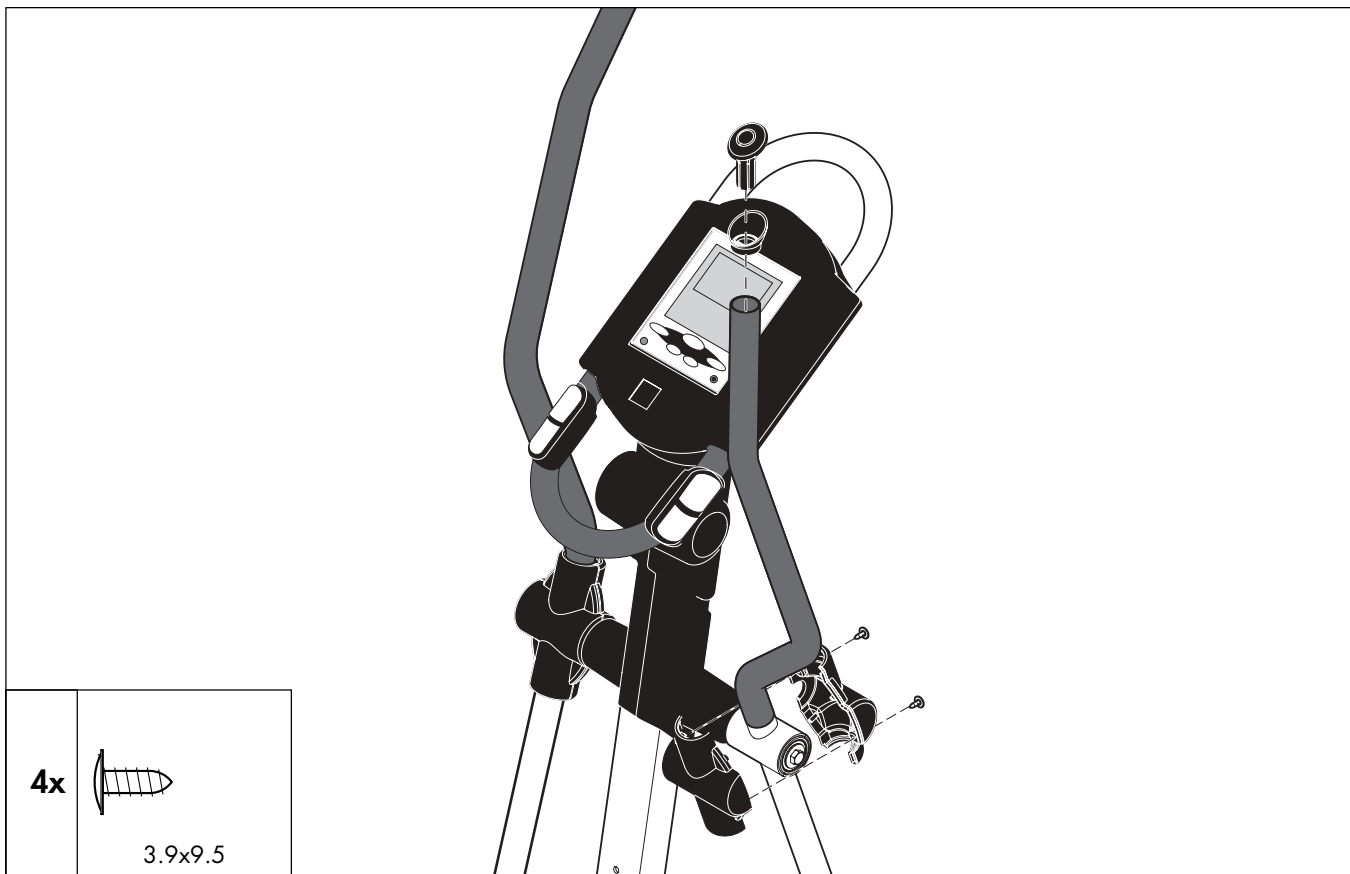


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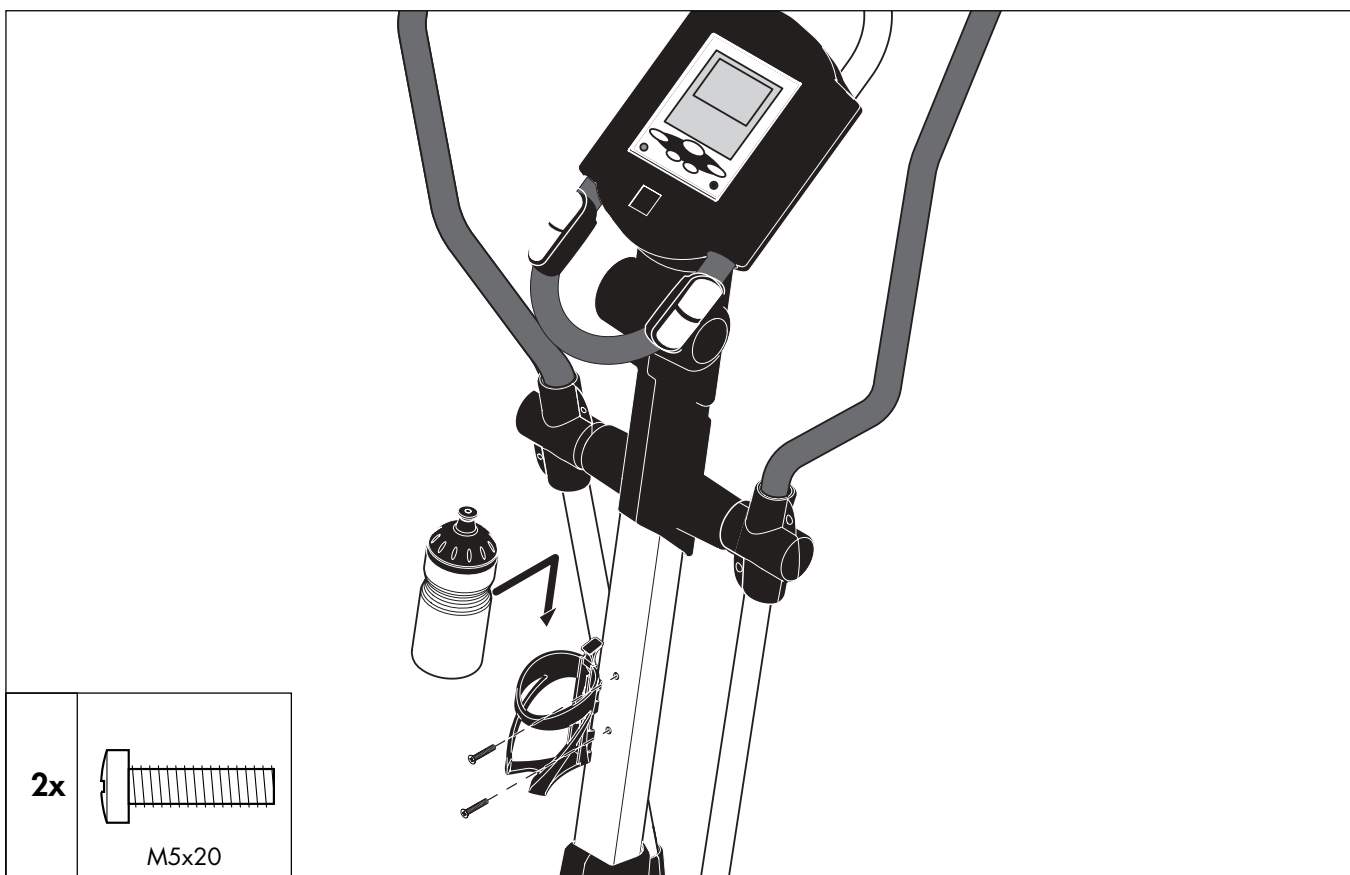




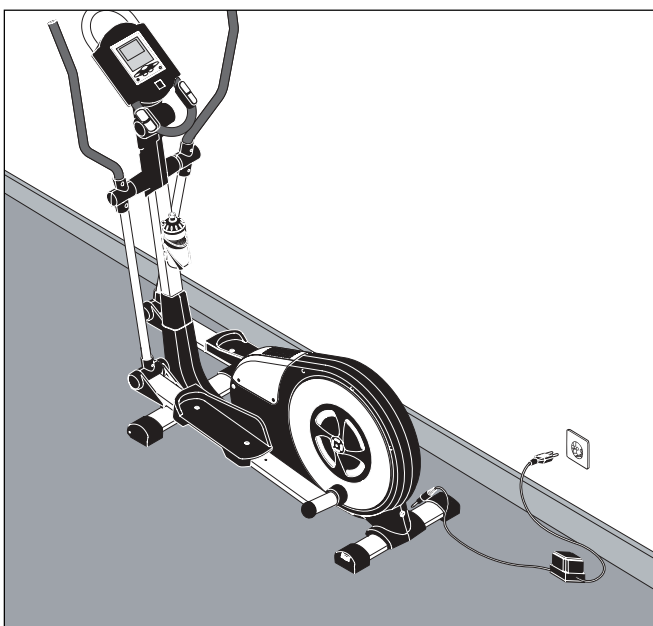
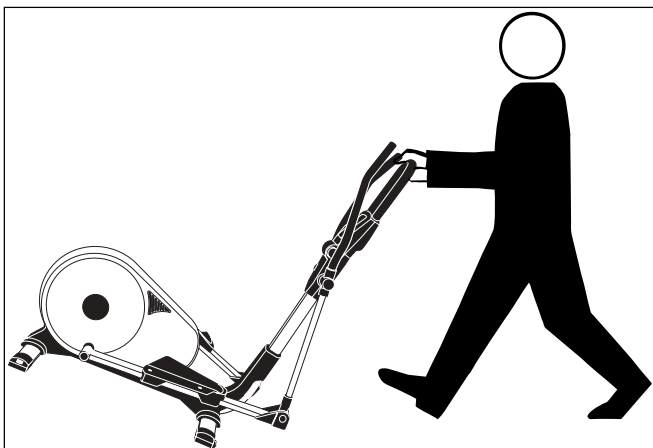
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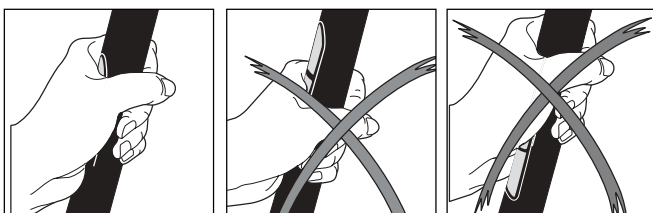
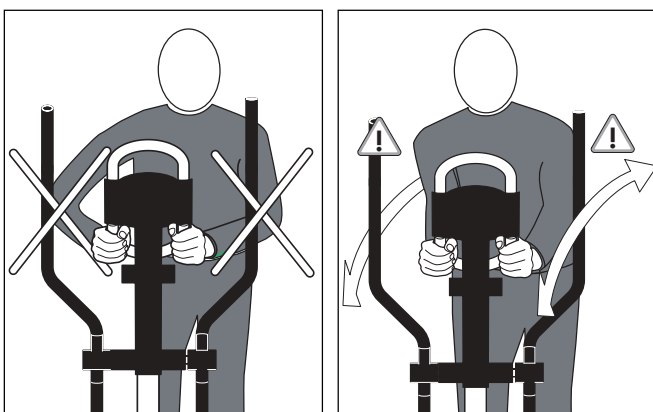
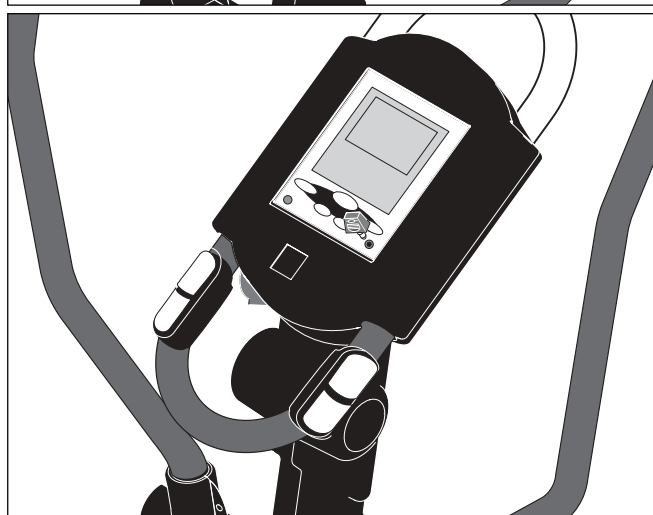
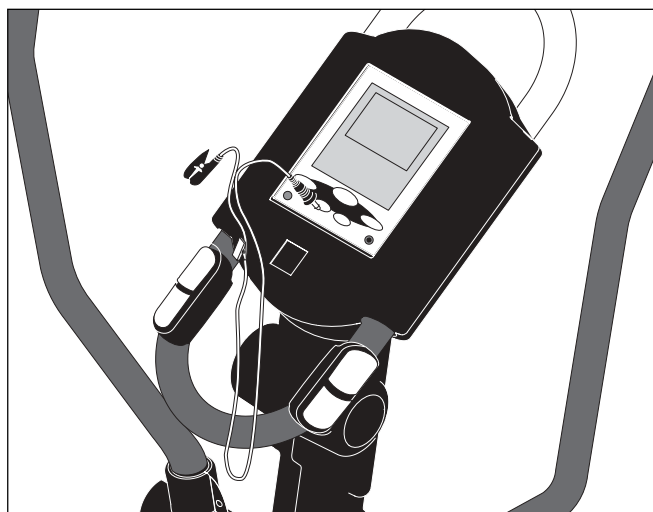
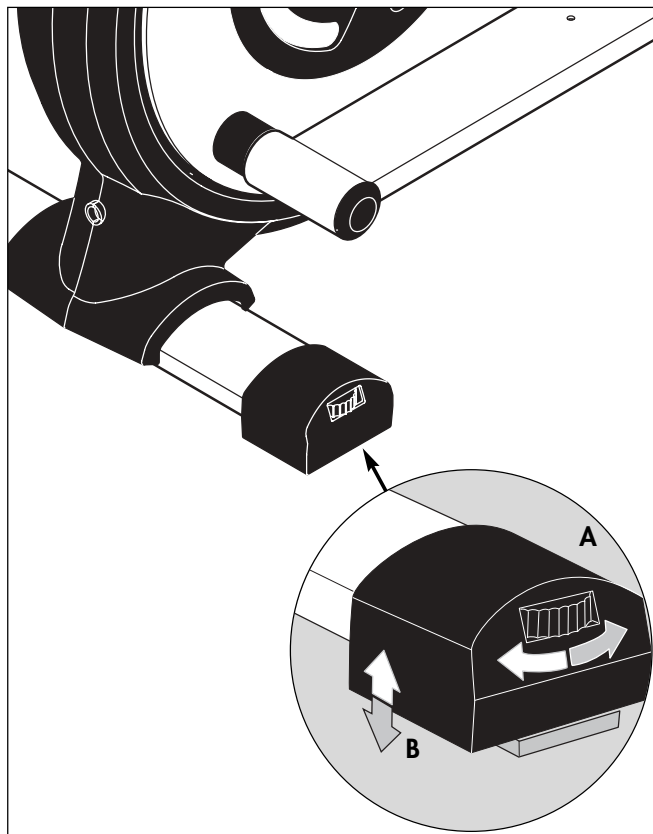
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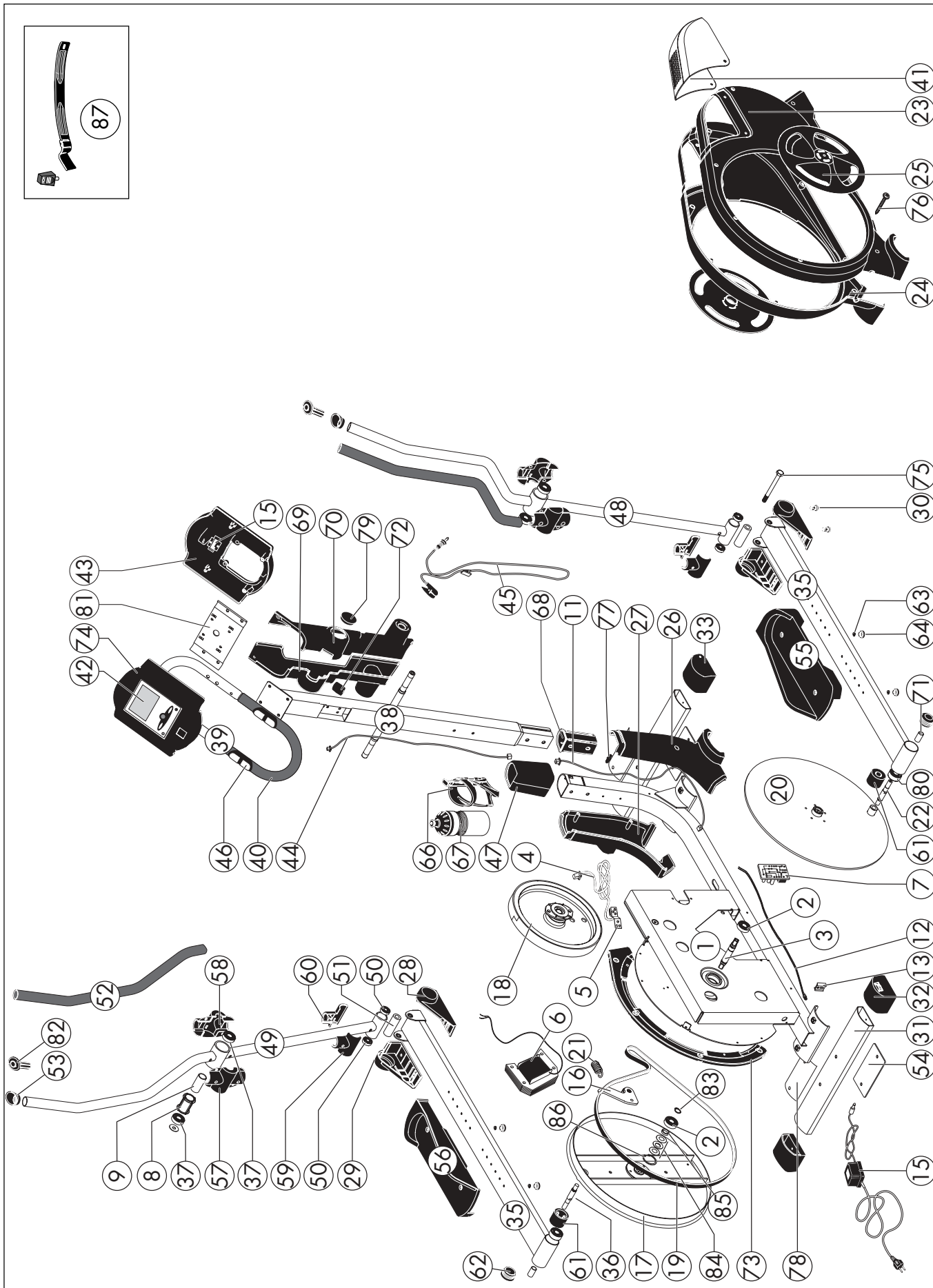


Handling



For products with power supply: **Attention!** Only use with original power unit as supplied, or with original SMOOTH spare part (see spare part list). **Otherwise this may result in damage.**





List of spare parts

Pos-Nr.	Crosstrainer Smooth XTR 1 Description	07859-999	
		Qty. Stück	Bestell-Nr.
1	Base Frame	1	94316747
2	Bearing for Drive Axle 6203-ZZ	2	33100023
3	Drive Axle 17x114 mm	1	11300055
4	Speed pick up	1	67000786
5	Magnetic P/U	1	97200127
6	Electromagnet	1	94313937
7	Printed Circuit Board	1	42860011
8	Center sleeve	2	70128347
9	Cushion Washer (22.2x2x48 mm)	2	97201462
10	Bearing Washer (25x8.4x1)	3	10500038
11	Low Wire 2200 mm (Grey)	1	67000772
12	Adaptor Wire 850 mm	1	42860012
13	Plug Receptacle (2297)	1	70127365
14	Housing Plug-In 300 mm	1	67000743
15	115 Volt Power Pack	1	42860010
16	Idler Pulley w/ Bearings 6300-ZZ	1	94312047
17	Spring for Belt Tension (4-5279)	1	25635052
18	Flywheel (2-2192)	1	91140380
19	Drive Belt 1651 PJ6	1	67005127
20	Right Drive Disc	1	94313543
21	Left Drive Disc	1	94313544
22	Right Drive Disc Shaft 20x120,5 mm	1	10900091
23	Right Side Main Shroud (3540)	1	70128743
24	Left Side Main Shroud (3541)	1	70128744
25	Drive Disc Cap (3543)	2	70128679
26	Right Lower Mast Cover (3544)	1	70128680
27	Left Lower Mast Cover	1	70128681
28	Right Front Ski Cover (3169)	2	70128424
29	Left Front Ski Cover (3170)	2	70128429
30	Rivets 6x9, 5 mm	8	10418503
31	Frame Cross Members (80x33x450)	2	91111287
32	Floor Levelers (80x33)	2	91170500
33	Right Transport Castor (80x33)	1	91170387
34	Left Transport Castor (80x33)	1	91170388
35	Skis w/ Bearings 2203-2RS	2	94315159
36	Left Drive Disc Shaft 20x120,5 mm	1	10900092
37	Ski Pole Bearing 6203-ZZ	4	33100038
38	Mast	1	94316750
39	Center Handlebar	1	94316518
40	Grip for Center Handlebar (27, 5x3x500 mm)	1	10118078
41	Main Shroud Top Cover (3542)	1	70128563
42	Computer XTR1 (Mils)	1	94316850
43	Rear Computer Housing (3787)	1	70128690
44	Top Lead Wire 1.200 mm	1	67000771
45	Ear Lobe Clip Heart Rate Monitor	1	67000421
46	Hand Pulse Sensors WP 1007-5C	1	67000658
47	Mast Cover (3089)	1	70128564
48	Right Ski Pole	1	94316860
49	Left Ski Pole	1	94316858
50	Lower Ski Pole Bearing 6200-ZZ	4	33100036
51	Lower Ski Pole Sleeve 20x4.5x59 mm	2	97201447
52	Ski Pole Grips (27, 5x3x680 mm)	2	10118034
53	end cap part 2	2	70121515
54	Underside Plate for Frame Cross Member (4-6649)	2	97200256
55	Right Foot Plate (3171)	1	70128398
56	Left Foot Plate (3172)	1	70128399
57	Rear Center Ski Pole Pivot Covers w/ Screw Holes (3165)	2	70128590
58	Front Center Ski Pole Pivot Covers (3166)	2	70128591
59	Rear Bottom Ski Pole Cover (3167)	2	70128416
60	Front Bottom Ski Pole Cover (3168)	2	70128417
61	Spacer (3126)	2	70133275
62	covering cap	2	10100079

List of spare parts

Crosstrainer Smooth XTR 1		07859-999	
Pos-Nr.	Description	Qty. Stück	Bestell-Nr.
63	Wavy Washer (A5 DIN 137)	4	10601001
64	Foot Plate Adjuster Caps M5	4	10104000
65	Hardware Bags	1	94316861
66	Water Bottle Holder	1	70190051
67	Water Bottle	1	70190042
68	guide bush	1	70128698
69	Right Computer Housing Lower Side Cover (3549)	1	70128683
70	Left Computer Housing Lower Side Cover (3548)	1	70128682
71	Cushion Washer (22.2x2x27.5 mm)	2	97201463
72	Plastic Side Insertion Piece for Computer Housing (3551)	1	70128695
73	Adaptor Ring (3322)	1	70128492
74	Front Computer Housing (3546)	1	70128685
75	Bolt (M10x105/17)	2	10206111
76	Shroud Screws (4x35)	9	10224072
77	Connector Pin (3295)	1	70128446
78	Sheet Film Buffer for Cross Member	2	34010120
79	Computer Housing Lower Side Cover Cap (HAS 2783)	2	10100171
80	Bearings 2203-2RS	2	33100047
81	Center Handlebar Plate Attachment	1	94314005
82	end cap part 1	2	70121514
83	C Clip 17mm (17 DIN 471)	2	10709021
84	Plate spring B 31.5 GR 1 X 1.2	3	10600004
85	distanz sleeve ø22.2x2x5 mm	1	97201470
86	C Clip 44mm (I 40 DIN 472)	1	10709024
87	Cardio-Puls-Set	1	07937-600



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